



Verde Valley

Senior Citizens' Association, Inc.

March 27, 2020

3 Hot + 4 Delivery Schedule

On Monday, April 6, 2020 the Verde Valley Senior Center will begin a tailored program to help beat the Coronavirus while keeping our precious senior citizens healthy, at home and fed.

Every Monday, Tuesday and Wednesday of each week, meals-on-wheels will deliver their regular hot, nutritious meals to the home-bound elderly. Other items will accompany those meals such as cereal or oatmeal, extra milk and bread for the week. All program participants will receive 4 healthy frozen meals each week to cover Thursday, Friday, Saturday and Sunday.

Our menu may change without notice due to shortages of any particular item, but rest assured we will do our best to make sure that each individual receives the required daily allowances of vitamin A, vitamin C, grains and fiber as well as substantial portions of food.

In order to reduce contact between our volunteers and clients, home delivered meals will be left at the door. Our procedure is to knock, wait for the client to open the door so we can see that they are alright and leave the food on a chair outside the door or just inside the door. A distance of at least 6' will remain between the driver and the client which is believed to greatly reduce any possible transmission of the virus.

Each volunteer has been issued hand sanitizer to use between each delivery stop. Many have opted to use disposable gloves. We remind each of our clients to remember to use the best pathogen deterrent and that is to *wash your hands frequently with warm water and soap.*

During this time of crisis many gallant souls have emerged to combat the current needs in aiding their neighbors. With assistance from the Cottonwood Police Department and Eric and Michele Jurisen of the Haunted Group Restaurants, we are collecting rolls of toilet paper and distributing them to all of our home-bound clients. Emergency meal packs containing 3 life-sustaining meals were recently distributed to all home-delivered meal clients, complements of NACOG.

We continue to remind the general public that the meals-on-wheels program is a life-line to hundreds of seniors throughout the Verde Valley. **In the next month the number of meals served will rise to approximately 16,000.** Please donate your Arizona Tax Credit dollars to the Verde Valley Senior Center to help sustain this critical needs, life saving service.

We are not sure how long we must endure this crisis and condense our services, but please know that the board of directors, staff, and volunteers are committed to seeing it through in the safest and best possible way and praying for a positive outcome for all citizens of the Verde Valley.

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